



You are invited to the
Bridge to Wellness Health Fair
Wednesday, November 5, 2014
8:00 a.m. to 3:00 p.m.

Duluth Entertainment Convention Center (DECC)
Edmund Fitzgerald Exhibit Hall
► **Free Admission and Parking** ◀



TAKE CARE OF YOURSELF AND GET REWARDED!

Upon **completion** of the Biometric Screening **by November 12, 2014** and the Health Assessment **by December 5, 2014**, each eligible employee or retiree will receive a **\$75 gift card** valid anywhere MasterCard is accepted! Please see attached document for required steps to earn your gift card.

Biometric Screening

It is important to be screened to learn about potential health risks such as diabetes, high blood pressure, and elevated cholesterol. We invite you to participate in a free and **confidential** *Know Your Numbers* biometric screening. This screening is available to all benefit-eligible City of Duluth, Duluth Airport Authority (DAA), Duluth Entertainment Convention Center (DECC), and Housing Redevelopment Authority (HRA) employees and retirees covered by the health plan. Spouses and dependent children are not eligible for the screening.

No fasting or other preparation required!

► ► **Make an online appointment** for your biometric screening.

Visit <https://hhbewell.hooperholmes.com/ID/8bc6713a> **before October 22, 2014**, to schedule your appointment. When finished, you will receive a confirmation email; keep this email for your records. If you have questions or do not have access to a computer, you may contact the City of Duluth's Human Resources staff at 218-730-5210 to schedule your appointment. **APPOINTMENTS ARE REQUIRED. NO WALK-INS WILL BE ALLOWED.**

Come to the Bridge to Wellness Health Fair at your appointment time to get your non-fasting blood glucose, cholesterol, height, weight, and blood pressure numbers.

Health Risk Assessment

A valuable part of the wellness program is the Health Risk Assessment – it is a **quick, simple and confidential questionnaire about your health and well-being, which only takes about 15 to 20 minutes to complete**. You will be asked about your health, including your biometric numbers (e.g., weight, blood pressure, cholesterol, and glucose), stress level, etc. Once your questionnaire is complete, the Health Assessment then analyzes your answers and produces a personal health report with details about your most important health issues. Remember to discuss the findings of your Health Assessment with your physician; this assessment is only intended to serve as an indication of the potential need for your medical care. **Your Health Assessment is protected by the same laws that protect your medical records. HealthPartners will not share your personal Health Assessment results with the City of Duluth, DAA, DECC, or HRA.** HealthPartners may only share aggregate information for use in wellness program planning.

► ► **The Health Assessment will be open from November 19, 2014, until December 5, 2014.** You may log on to the HealthPartners website at www.healthpartners.com/wellbeing or contact the City of Duluth's Human Resources staff for a paper copy. Health Risk Assessments must be completed within these dates in order to be eligible for a gift card.

Flu Shot Clinic

This year's *Bridge to Wellness Health Fair* will feature a flu shot clinic. You must present your HealthPartners medical ID card. If you are Medicare-eligible, please also bring your Medicare ID card. No appointments are necessary for a flu shot. Family members not covered under your HealthPartners plan or other health insurance plan will be charged \$28 for a flu shot.

Here's to your good health!

Check out the Bridge to Wellness website at www.duluthmn.gov/bridgetowellness for additional information, or contact the City of Duluth Human Resources office at 218-730-5210.